

Outstanding Care,
Compassionate People,
Healthier Communities



Sherwood Forest Hospitals
NHS Foundation Trust

Remembering your baby

Information for you, your family and friends



Spiritual &
Pastoral Care

Introduction

We would like to extend our sympathy to you following the loss of your baby.

The loss of a baby during or after pregnancy is an overwhelmingly painful experience. We appreciate that everyone's experience is unique, and that people find different things helpful as they cope with their grief.

Some parents find it helpful to have ways to remember their baby.

This leaflet gives you information about some of the things that we offer to support you in this.

If you would like further information, to talk to someone about remembering your baby, or find out about other support available to you, then please contact us (details towards the end of this leaflet).

The Faith Centre

The Faith Centre is available to all, providing a quiet and reflective space as well as facilities for remembrance.

Within the Faith Centre is a memory tree where you can leave a message / name in memory of your baby.

In the courtyard garden is a memorial cairn where some families leave stones they have decorated in remembrance.

There are prayer rooms and spaces for those who wish to reflect, pray, meditate or simply be quiet. During office hours when the centre is staffed, you can light a candle in memory of your baby.

If you would like support in accordance with your own faith tradition, then please contact us and we can provide or arrange this for you.

Memory making

Memory boxes are available for families who would like one, provided by baby loss charities.

They contain different things to help you make memories. These vary according to the age of your baby and ward staff will support you with this.

It is now possible to request a baby loss certificate in recognition of your baby for a pre-24 week loss. You can do this online at www.gov.uk/request-baby-loss-certificate

If your baby was stillborn over the age of 24 weeks, then you need to register their birth and will receive a birth certificate for them.

Any baby born alive or showing signs of life will need to have their birth and death registered and you will receive both birth and death certificates for them.

Annual memorial services

We hold two annual memorial services for families who have experienced the loss of a baby or child. These are held in July and December each year. They provide an opportunity to come together with others who have experienced a loss, and to remember your baby.

These services aim to be accessible to all and are broadly non-religious but contain some prayers for those who find this helpful.

In October we take part in Baby Loss Awareness Week and the Wave of Light. We hold a lantern walk around King's Mill Reservoir and conclude with a short service.

If you would like more information about any of these events, please contact us.

How to contact the Spiritual and Pastoral Care Team

Please speak to us if you have any questions or if we can be of any further support.

The Spiritual and Pastoral Care Team office hours are Monday to Friday 8.30am to 4.30pm.

Outside of these hours please leave a message and we will get back to you as soon as possible.

Telephone: 01623 622515, extension 3047

Email: sfh-tr.spiritualandpastoralcare@nhs.net

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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